



**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Quiz

1. True or false: How much time kids and teens spend watching screens can affect their grades and even their weight.
2. True or false: Falling asleep with the TV on at night is not a healthy habit.
3. According to the experts, kids and teens should exercise at least:
  - a) 60 seconds every day
  - b) 60 minutes every day
  - c) 60 hours each week
  - d) once every 60 days
4. When you exercise, your brain releases chemicals that can make you feel happier. These chemicals are called:
  - a) endorphins
  - b) bile
  - c) electrolytes
  - d) plasma
5. True or false: Kids and teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones or are more likely to be overweight.

**Extra credit:**

7. True or false: Texting doesn't count as screen time.
8. True or false: Walking or biking to school counts as exercise.